

## Utah Cannabis Research Review Board Meeting Minutes

Tuesday, April 11, 2023

9:00 am -11:00 am

Minutes approved May 9, 2023.

\*\*This meeting was held virtually and was audio-recorded. A copy of the audio recording can be found on the Utah Public Notice Website (<https://www.utah.gov/pmnr/>) and on the Cannabis Research Review Board YouTube at: <https://www.youtube.com/channel/UCJW8IN0h7wQ3ojY33gZC8cw>

Visit the Board's website for more information on past meeting minutes and agendas (<https://medicalcannabis.utah.gov/resources/cannabinoid-product-board/>)

### Attendees

Board members attending: Dr. Katherine Carlson, Dr. Matt McIff, Dr. Jennifer Norris, Dr. Mike Moss, Dr. Perry Fine, Dr. Brian Zehnder, Misty Smith, PhD

DHHS staff attending: Rich Oborn, Danielle Conlon, Sarah Ponce, Sara Lealos, Jeremiah Sniffin, Jesse Hawkley, Lauren Heath, Dr. Michelle Hoffman

### Agenda

1. Welcome – Dr. Carlson  
Dr. Carlson acknowledged that there was a quorum so the meeting could proceed with actions from the board.
2. Approval of February 2023 minutes – Dr. Carlson  
Dr. Fine motioned to approve the minutes. Dr. Zehnder seconded. The minutes were approved unanimously.
3. Insomnia feedback discussion – Dr. Carlson  
Dr. Carlson addressed the board's ideas of how to move forward in responding to a state legislator's request to evaluate evidence related to treatment of insomnia with medical cannabis and make a recommendation on if there is sufficient evidence that the law should be amended to add insomnia as a qualifying condition.

Dr. Carlson suggested taking the meeting time to discuss what the board would like to recommend in a letter to the state legislator.

Dr. Carlson and Dr. Fine thanked Ms. Heath and the Center for Medical Cannabis (CMC) for their work on the development of the information and research.

Dr. Fine and Dr. McIlff agreed with Dr. Carlson's suggestion to take time during this meeting to review and discuss evidence relevant to this topic.

Dr. Carlson asked the board to either have a lead point person or all board members would lead together to create the letter to the state lawmaker.

Dr. Fine requested that each board member share their thoughts on if there is sufficient evidence to recommend that insomnia be added as a qualifying condition. Insomnia is common and problematic with no great solutions. Dr. Fine asked the board to speak on their patient's treatment of insomnia using cannabinoid products.

The board discussed their experiences treating insomnia and the current scientific research related to using cannabis to treat insomnia. During the discussion, the board members asked specific questions that related to the goal of drafting a brief letter to the state legislator.

Board members asked questions about the research that Ms. Heath conducted and about defining insomnia, such as primary insomnia and secondary insomnia. Ms. Heath discussed the focus of the research provided.

Dr. Hofmann, Dr. Carlson, and Dr. Fine discussed the role of the board in creating recommendation guidelines for medical cannabis use and recommendations to the legislature.

The board members discussed how although cannabis may improve sleep in patients with pain conditions, they believe there is insufficient scientific evidence at this time to recommend that insomnia be considered a qualifying medical condition. The board expressed support for a recommendation to the state lawmaker that insomnia not be added as a qualifying condition. This recommendation would be based on the board's recent review of systematic reviews, randomized controlled trials, and feedback from qualifying medical providers who experience using cannabis in their medical practice.

Dr. Carlson volunteered to draft a brief letter summarizing the board's recommendations. Once drafted, Dr. Carlson will send the letter to board members and the CMC staff prior to sending the final version to the state lawmaker.

#### 4. DHHS updates – Rich Oborn - Legislative update

Mr. Oborn, CMC Director, provided the board with updates on legislation impacting the medical cannabis program that passed during the 2023 legislative session.

5. Board comment

Dr. Fine asked Dr. Moss about updates from his participation on the highway safety committee. Dr. Moss indicated that he had no updates for the board at this time. The highway safety meeting is quarterly and was moved from April 2023 to May 2023. Dr. Moss will discuss updates from the next highway safety committee in the next board meeting. Dr. Moss asked the board for any information that he could take to the highway safety meeting and answered questions from the board about improvements to technical testing options available that help define impaired driving.

Dr. Fine expressed appreciation for the March CMC monthly update newsletter and asked who contributed to it. Mr. Oborn indicated that DHHS employees Sarah Ponce and Danielle Conlon were responsible for the creation of the CMC's monthly update.

Dr. Fine asked if the CMC has received any feedback about the cannabis dosing guideline document that was included in the monthly update newsletter. Mr. Oborn discussed positive feedback and approval received about the dosing guideline document.

6. Public comment

Dr. Mark Viner is a psychiatrist in Nevada. Dr. Viner made comments on treating insomnia with cannabis, cognitive impairment with CBD while driving, and cannabis use disorder.

The board discussed Dr. Viner's comments and further discussed evidence of medical cannabis being an effective treatment of insomnia.

Dr. Carlson asked the board for a motion to end the meeting. Ms. Smith motioned to adjourn. Dr. Moss seconded the motion. The vote to adjourn was unanimous.

The meeting adjourned at 11:57 AM.